

Course: GuardStart: Lifeguarding Tomorrow



Purpose

American Red Cross GuardStart: Lifeguarding Tomorrow is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses.

Prerequisites

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for 1 minute using arms and legs.
- Submerge and swim a distance of 10 feet underwater.

Learning Objectives

- Prevention
 - Learn about the causes and ways to prevent drowning and diving accidents.
 - Learn how to supervise others around the water
 - Learn how to recognize when someone is in trouble.
- Fitness
 - Improve swimming stroke mechanics, endurance, strength and physical fitness level for the skills necessary to become a lifeguard.
- Response
 - Demonstrate, with prompting, how to perform self-rescue.
 - Demonstrate, with prompting, how to assist others in trouble in the water.
 - Demonstrate, with prompting, how to provide basic-level first aid, CPR and AED.
- Leadership
 - Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team and provide good customer service.
- Professionalism
 - Learn how to search and apply for a job and prepare for an interview.
 - Understand the importance of providing quality customer service.

Length

No minimum hours suggested. Length will vary.

Instructor

There is no instructor authorization required to lead the GuardStart program.

Certification Requirements

None

Certificate Issued and Validity Period

GuardStart: No validity period

Participant Materials

American Red Cross GuardStart: Lifeguarding Tomorrow Workbook (Stock No. 655714)